Interlingua School

Voronezh, Russia

Prepared by a group of students, their mums, friends and teachers.

**Mushroom Soup**

Russian mushroom soup is usually a simple, wholesome soup with mushrooms, onions, carrots, potatoes, and a spoonful of sour cream upon serving.

You need fresh or dried mushrooms (boletus, white…), 1 onion, 1 carrot, 2-3 potatoes pasta, salt, some vegetable oil, some dill and parsley.

Dried mushrooms better to put into water (or milk) and leave there for some hours before cooking our soup. Prepared mushrooms and peeled potato cut into pieces. Put them into water and boil for some time.

Onion and carrot cut into very small pieces. Preheat vegetable oil, add the carrots and fry until lighten, then add the onion and fry it all together for some minutes. Add “zazharku’ to the soup, add some salt, boil for some minutes.

 Put the soup into bowls, add sour cream and fresh herbs.

The soup is usually eaten with traditional Russian rye bread.

And we know and love to pick up mushrooms!  

**Pancakes**

Blini - Блины

A Russian pancake is eaten with sour cream, meat, cottage cheese, honey, caviar, jam, chocolate and what not! 

The origin of this dish comes back to Pagan times. Our ancestors had a bright colourful feast in honour of spring coming and a pancake was associated with the Sun, which is quite similar in form and colour. Usually pancakes are cooked very fast and a lot of people like them. They are very delicious. But if you are a model or something like that – this tasty food isn’t for you.

 Once our Carina together with her Mother baked special pancakes for St. Valentine Day. They were in a form of hearts.



There are thousands of pancake recipes ([www.thepancakerecipe.com](http://www.thepancakerecipe.com))

Here is the one we like:

Ingredients for this easy and simple pancake recipe:

2 cups all-purpose flour

2 1/2 teaspoons baking powder

3 tablespoons granulated sugar

1/2 teaspoon salt

2 large eggs

1 1/2 to 1 3/4 cups milk

2 tablespoons melted butter

Lets make some pancakes!

First we will take a bowl large enough to hold all of our pancake batter and fill it with 1 1/2 cups milk, 2 large eggs and 2 tablespoons melted butter. Quickly mix the milk and eggs together.

Then add all the salt, sugar, baking powder and some flour and start stiring. Stir and keep adding the flour until you add all of it. Stop stiring as soon as the batter is smooth and without lumps. It should be pretty thick but still liquid enough so you can pour it. If it is to thick add some more milk and mix a little more.

Great, now our batter is ready.

Usually these kind of pancakes are made on a hot greased griddle but we can also use a pan and they will turn out great aswell. Take about 1/4 cup of batter and pour it on the griddle. Pancakes should be cooked until they are bubbly, a little dry around the edges, and lightly browned on the bottom. Then we turn them around and brown them on the other side.

 We like tasty food!